



Fruits and Vegetables for Your Body and Budget webinar presentation: Speaker notes

If you would like to present the Power Point presentation to members of your command, such as during a lunch and learn, please feel free to use the below speaker notes to assist you in your efforts!

Slide 0 (Title slide)

This is the title of today's webinar.

Please note the advisory statement included on the slide.

Slide 1

These are the objectives for the webinar.

Slide 2

Why should we be concerned about fruit and vegetable consumption among our military personnel?

What we know from the DoD Survey of Health Related Behaviors among Military Personnel and the Fleet & Marine Corps HRA, our two major sources of data, is that while our military members have a low consumption of fruits and vegetables, they also report a high consumption of unhealthy foods and drinks.

Slide 3

Specifically, our military personnel, like our civilian counterparts, are not eating the recommended number of fruits and vegetables each day. This slide shows the data from the most recent 2011 DoD Survey of Health Related Behaviors Among Military Personnel for fruit consumption indicating that only 23.9% of Navy personnel reported eating 2 or more servings of fruits each day. While the Navy's consumption is a little above the total DoD, you can see that the USMC is below the DoD level and that both the Navy and USMC are well below the National Baseline and the Healthy People 2020 Goal.

Slide 4

We see similar results for vegetable consumption, again from the 2011 DoD Survey indicating that only 13.7% of Navy personnel reported eating 3 or more vegetables each day. While the Navy's consumption is a little above the total DoD level, you can see that the USMC is below the



DoD level and that both the Navy and USMC are way below both the National Baseline and the Healthy People 2020 Goal.

Slide 5

This slide shows additional data from the 2011 DoD Survey of Health Related Behaviors regarding other behaviors related to nutritional status. As we move into this presentation, you will see how, if we can get our military personnel to increase their consumption of fruits and vegetables, we may be able to influence these behaviors and thus improve nutritional status.

*The definition of overweight is a BMI ≥ 25 but < 30 .

**The definition of obese is BMI ≥ 30 .

Slide 6

Further, a Group Summary Report prepared in January 2013 of 198,529 military members who completed the Fleet & Marine Health Risk Appraisal (HRA) during CY12 indicated that 61% were eating the minimum recommended number of servings of fruits and 36% were eating the minimum number of servings of vegetables each day. This number includes Active and Reserve Component military members from the USN, USMC, and the Coast Guard.

Slide 7

This slide shows the incidence of Dietary Supplement use for the total DoD, the Navy and the USMC, which is very prevalent among our military members.

As we will see later in the presentation, many of the reasons why individuals take dietary supplements can be addressed by eating a healthy diet, which includes lots of fruits and vegetables.

Slide 8

Dr. Dean Ornish once said, "It's not so much about how long we live but how we live as long as we do." The nutritional advantages of fruits and vegetables are numerous.

Many of us are guilty of not getting enough fruits and veggies. We've always been told "eat your veggies!" But the question 'why' and how can influence our decisions. If we understand the reasoning behind eating our veggies, then we may be more inclined to do so. Also, in many cases, too many of us are guilty of not putting forth the effort in trying to get enough fruits and vegetables. Often times it is not the unavailability of fruits and veggies or the cost – rather it is the lack of knowledge on how to purchase, prepare, and mostly the benefits. It can be put this way, eating fruits and vegetables have so many benefits that it's the same as if the doctor told



you to take medication for your illness. Eating fruits and veggies daily should be a therapeutic and strategic plan on a daily basis.

Slide 9

The CDC recognizes the advantages of using fruits and vegetables to help manage weight. They help fill you up, help control cravings of process foods and overeating and because they are low in calories, they are a great substitute for higher-calorie snacks and ingredients in recipes. For more information on how fruits and veggies can help control weight, use the link on the bottom of the slide for a 4-page guide from the CDC titled, “How to use fruits and vegetables to help manage your weight.”

Slide 10

One of the comments we hear often is that it costs too much to eat fruits and vegetables. The next few slides will give you some ideas of how you can eat your fruits and veggies and still stay within your budget!

Have you ever considered planting your own garden? Remember that your “garden” doesn’t have to be that huge plot that you might remember from your childhood. It can be just a small 10’X20’ garden, vegetables planted in your current flower beds or a raised box garden. If this seems like an enormous undertaking, the link provided on the slide to the CDC resource can help you get started.

The USDA started an initiative a few years ago called, “Know Your Farmer”. It is about knowing where your local farmer’s markets are and supporting your local famers by buying directly from them. By going to the link included on the slide, you can put in your zip code and find the farmers market nearest you.

By planning your meals, making a list and sticking to it, you’ll only buy what you need and thus cut down on possible spoilage.

Get your local newspaper to see what produce the grocery stores in your area have on sale and pick up a copy of the in-store ads as you enter the store.

Again, to cut down on spoilage, if you see that a fruit or vegetable is getting near the end of its peak of freshness, put them in the freezer. Kids and adults alike love such treats as frozen grapes! Freezing fruit is also convenient way to make smoothies but remember that certain fruit, such as bananas, must be peeled before they are frozen.



Ripe fruit and vegetables can also be used in recipes such as in soups, stews, casseroles and breads such as banana or zucchini bread.

Another way to save money when purchasing fruits and vegetables is to buy in bulk, especially when its on sale, whether its fresh, canned or frozen. You can often buy fresh produce in bulk at farmer's markets where you can then take them home to can or freeze.

Use the link provided on the slide to learn how to properly and safely can at home.

Slide 11

You will also want to compare the cost per serving of the various forms of produce, such as fresh, canned or frozen. Remember though, if you are buying canned, be aware and read the label for the sodium content! That great buy on canned green beans or peas may not be such a bargain if you have hypertension and need to watch your sodium intake!

Opt for store brands whenever possible. You will most likely get the same or similar product for a cheaper price.

Pre-washed, ready-to-eat and processed items may be convenient but often cost much more than when the same items are purchased in their natural form.

If time is an issue for you, prepare extra servings of vegetable soups, stews and casseroles and put them in the freezer for one of those times when you don't have time to prepare a meal.

Vegetables will stay fresh longer if you wait to clean them just before using them. For example, by shucking corn at the store and then not using it for two or three days, you have lost two to three days of freshness. For corn, it is better to take it home, eat it within a day and not shuck it until ready to eat it.

Different fresh fruits and vegetables have different life spans of freshness. For example, longer lasting fruits and veggies include apples, cabbage, onions and potatoes while bananas, strawberries, asparagus and broccoli tend to spoil quicker.

Slide 12

Check out these easy and awesome ways to include more fruits and veggies in every meal.
[READ BRIEFLY]

Slide 13

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[READ BRIEFLY]



Slide 14

One of the unique nutritional advantages of fruits and vegetables is that they contain phytochemicals substances found almost exclusively in plants. You can obtain the variety of phytochemicals needed by the body by “Eating the Rainbow” of colorful fruits and vegetables that are available.

Slide 15

These are some tips for preparing colorful, flavorful and nutrient-dense fruits and vegetables. Go through the slide briefly.

Slide 16

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Slide 17

These are tips for the proper storage of each form of fruits and vegetables. Go through the slide briefly.

Slide 18

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Slide 19

My family and I practice this. (first bullet)
Also, speaking of strategy, don't pressure yourself to be perfect 100 percent of the time in eating your recommended number of servings of fruits and veggies every day. Getting the right amount the majority of the time, which is four out of seven days a week, is a great start to changing your health in a positive way.

Slide 20

A key point I make to those on a budget is that meat and dairy products cost a lot more than fruits and vegetables, especially when you compare meat and dairy to the frozen or canned varieties of fruits and veggies. For example, beans are a healthy, fast and filling way to replace any meat option during dinner time.

Slide 21

These are additional tips to incorporate more fruits and veggies into your diet.



Slide 22

Additional ideas to incorporate more fruits and veggies!

Slide 23

Resources:

- 1) DoN Fruits & Veggies-More DOES matter video, promotes the consumption of fruits and veggies for our Sailors, Marines and their families. Can be obtained from Sally Vickers, NMCPHC
- 2) The NMCPHC Sept. Toolbox focuses on fruits and vegetables. Use the ready-made materials, such as the POW Notes, articles, posters, brochures, etc. to promote the increased consumption of fruits and vegetables during Sept. or any time throughout the year. New this year is a 30-Day Fruit and Vegetable Challenge. Get your whole command involved by offering the challenge as a command-wide event!
- 3) The Crews into Shape Challenge is an event held in March each year sponsored by the NMCPHC that is a team approach to increasing exercise, increasing fruit and vegetable consumption and setting a healthy goal weight for each participant. Learn more about the Crews into Shape Challenge at the NMCPHC website address on the slide.
- 4) Remember that one of the Key message for the CDC's ChooseMyPlate is "Fill half your plate with fruits and vegetables". If you go to the ChooseMyPlate website you will find more information about what a serving size is for fruits and vegetables, how many servings are needed and ideas and recipes to help fit them into the diet.
- 5) The CDC's Nutrition for Everyone: (Fruits and Vegetables) is again, a CDC website that gives information about what a serving size is for fruits and vegetables, how many servings are needed and ideas and recipes to help fit them into the diet.
- 6) The Produce for Better Health Foundation is a non-profit organization promoting the increased consumption of fruits and vegetables. It also has information about what a serving size is for fruits and vegetables, how many servings are needed and ideas and recipes to help fit them into the diet.
- 7) The Human Performance Resource Center provides a link to Operation Supplement Safety, the "go to" place for military members to learn about Dietary Supplements".
- 8) USDA Recipes for Healthy Kids resource is the result of a challenge for food service teams in schools to create "kid approved" healthy recipes for kids. The recipes feature dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar and sodium. The website includes servings sizes for families as well as bulk servings for the school setting.

Slide 24

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE



Slide 25

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